

HINTS TO BATHERS.



Russian
AND
Turkish.

TREMONT
BATHS



LIBRARY
OF THE
U.S. DEPARTMENT OF
AGRICULTURE
AUG - 18 1910
661.

HOURS FOR LADIES:

Week Days, 9 A. M. to 1 P. M. Sundays, 1.30 to 6.30 P. M.

HOURS FOR GENTLEMEN:

Week Days, 1 P. M. to 8 A. M. Sundays, until 1 P. M., and from 7 P. M. all night.

| | | | |
|---------------------------|--------|--|--------|
| Turkish Bath | \$1.00 | Bay Rum Rub | \$0.25 |
| Russian Bath | 1.00 | Oil Rub | .50 |
| Roman Bath | 2.00 | Perfume Rub | .75 |
| Massage (at Bath) | 2.00 | Ladies' Head Shampoo | .35 |
| Alcohol Rub | .25 | Private Rooms (for one or two Patrons) | 1.00 |

Lithia Water and Tonics can be had at all times.

Coupon Tickets (good for six dollars), \$5.00.

HAIR DRESSING PARLORS connected with the Bath; also MANICURING and CHIROPODY.

Ladies desiring Massage Treatment at Residence can be supplied with competent women.

Gentlemen desiring Massage Treatment at Residence can be supplied with competent men.



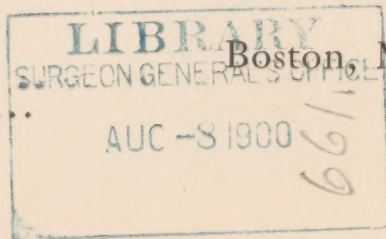
Hints to Bathers

Tremont Turkish Bath



176 Tremont Street

Telephone, Oxford 625...



Boston, Mass.



Photo by Philip Lundin.

ENTRANCE TO THE BATHS.



THE hot-air bath dates back to the earliest days of Roman history, centuries before the conquest of Great Britain, and its popularity as a source of health or enjoyment is now world-wide. More and more people, both women and men, are indulging in the luxury of the Turkish or dry hot bath, and the Russian or vapor bath. Indeed, it seems to be the growing opinion among those who bathe weekly that *one cannot be truly clean without them*. We are convinced that many of the ills flesh is heir to are occasioned by imperfect action of the skin, so that waste which should pass out through the sweat glands either remains to poison the system, or is forced upon other excretory organs, thus sadly over-burdening them. We have little question that the complexion of our American women would be vastly improved and many skin affections would disappear if at regular intervals the sweat glands were thoroughly excited and the pores cleansed.

In Boston for more than a decade the establishment known as the Tremont Turkish Bath has improved in details, increased in size and scope, and grown in favor, until it stands to-day unrivalled, the most perfect of its kind in New England.

The location of the bath is an ideal one, being in the centre of Boston's business and amusement district, which makes it easy of access from all points of the compass, the Boylston Street subway station being located directly opposite the entrance to the baths, and surface cars from every direction stopping within two minutes' walk of the bath building.



Flashlight Photo by P. Lundin.

OFFICE AND RECEPTION ROOM.

Recently these baths were thoroughly overhauled, rebuilt, and greatly enlarged. One important point to which attention cannot be too strongly urged is the thorough ventilation of every part of this great establishment; in these particulars the Tremont Turkish Baths are beyond criticism. The new features recently added are designed to promote and add to the comfort of patrons.

To those who are not already familiar with the Turkish and Russian baths as they are given in this establishment, we submit these brief suggestions:

Their medicinal and curative qualities are unquestionable in any morbid or inactive condition of the mind or body, specially beneficial and curative in cases of cold, asthma, rheumatism, gout, excess of acid in stomach or urine, constipation, disorders of liver or kidneys, malarial poison, excess of fat in any part, jaundice, nervous or muscular depression, insufficiency of activity and strength in the organs of secretion or excretion, or lack of sufficient strength or tone in any organ.

In connection with a course of athletic training the first thing to be done is to get the body clean and cleansed of all impurities, to rouse the sluggish skin and organs to act with their full power. No successful athlete or jockey fails to make bathing one of the most important features of his training.

To the vast and growing army of devotees of the "wheel" these baths offer the one thing needful to make this exercise of sure and lasting benefit. A complete bath, with the incidental massage, is indispensable if the rider desires to keep in perfect health. Indeed, the positive danger of skin and blood poisoning by reabsorption of perspiration is so well recognized that the necessity of a complete and thoroughly cleansing bath is acknowledged to be imperative.

As a preservative of health the baths are at once better and cheaper than any other known means. Keep the skin clean, keep the *seven million pores* of your body in constant and natural activity, and you can defy disease. "Man is naturally a naked



Flashlight Photo by P. Lundin.

ONE OF THE PRIVATE ROOMS.

animal," and the refuse matter thrown off by the internal organs of excretion is only a small part of what the healthy, uncovered body would expel in twenty-four hours if the skin, too, were permitted to work as it should, unclogged by the lint and dust and dried perspiration that our clothing imposes upon us.

You who read these lines, if you are not in the habit of taking the Turko-Russian baths, no doubt consider yourself clean. Will you try a simple experiment? After your daily "tub" will you slowly rub your finger tips, with moderate pressure, back and forth over the skin of your body the while you count fifty? Will you, at the end of your counting, look at the elliptical rolls of dead scarf-skin that have rubbed up from your body, and admit that something more than "tubbing" is needed by the civilized wearer of clothing who desires to be both cleanly and healthy?

Do not fear that "the baths are weakening." Years of experience prove them to be an ideal means toward health and strength. The bath attendants, who work day and night, year in and year out, are living proofs of the good effects to be derived from the constant and frequent use of the baths. Compare for a moment their clear, silky, pink and white skins, their fine yet elastic muscles, their supple joints, their bright eyes, with the appearance of a newcomer; his skin looks thick and leathery, with a general tinge of green and yellow; his muscles look soft and flabby; he walks heavily and stiffly; his eyes, often dark-rimmed and heavy-lidded, look "bilious" and yellow. Why? Because he is not clean. Because the seven million little openings in his skin are clogged and stopped up, his bowels, liver, kidneys—every organ—filled and clogged and overworked.

This is no fancy picture. Use your own eyes and be convinced. If the baths are new to you, place yourself in the care of an attendant, tell him it is your first bath, then lie down and be happy. You need not think again until you are once more out in the streets—then you will begin to think of the delights of your next bath.



Flashlight Photo by P. Lundin.

A CORNER IN THE LOUNGING ROOM.

As a hint to bathers we should say, bathe not less than one-half hour after a light meal and one hour after a heavy one.

We present here a few valuable suggestions for bathers which if followed closely will prove of undoubted benefit to those not already devotees to the Turkish bath.

SUGGESTIONS TO BATHERS.

VISITORS TAKING BATHS under direction of their physicians should report such directions at the office, that the bath may be given accordingly.

UNPRACTISED BATHERS, taking them as a remedial measure, should consult the office and receive the instructions necessary to obtain the best result.

UNPRACTISED BATHERS should not enter the baths within from one to two hours after meals. Practised bathers can judge for themselves.

TO SECURE THE BEST RESULTS in the hot rooms, keep as quiet as possible, and avoid much reading or earnest conversation. To aid perspiration, drink freely of cold water.

RESTLESS BATHERS are warned not to change constantly from one room to another, as by so doing they are overtaking the circulation and elasticity of the skin, thereby weakening the heart by over-stimulation.

SLUGGISH PERSPIRATION should be stimulated by a hot shower or needle bath, or, if agreeable, by the steam. After having taken either of these applications, take your seat in the plunge room and keep quiet.

COLD SHOWERS should not be taken during the sweating process. Cold applications to the head in excess produce congestion.

THE COLD PLUNGE BATH, after being shampooed, is recommended only to bathers having healthy heart's action.



Flashlight Photo by P. Lundin.

THE PLUNGE.

THE PLUNGE should not be entered repeatedly during the process of sweating ; *it is decidedly injurious.*

DURATION.—Many bathers remain too long in the hot rooms ; they over-stimulate the skin and become more liable to taking cold.

SHORT BATHS are preferable ; the physiological effect is thereby obtained without relaxing the system in excess. *Half an hour's sweating* is sufficient for ordinary purposes.

SHAMPOOING.—Attendants are instructed to take bathers each in their turn, but owing to some remaining longer than others in the hot rooms, or desiring a preferred attendant, it is often impossible to do so. No preference is shown ; all have the same rights and privileges. Bathers wishing to be shampooed should call the first attendant at liberty, and when limited as to time, should take their shampoo when a good opportunity offers itself, after which they can remain in the hot room and finish off with a shower or plunge.

IF IN THE COOLING ROOM a secondary perspiration should be induced, return to the bath and cool off again by the shower, needle or plunge.

Rubbing with alcohol is recommended in preference to oil ; the skin when healthy supplies the necessary oil itself, and excess of oily substance is injurious.

CRITICISMS OF THE BATHS or their administration, and suggestions as to improvements in any possible direction, will be gladly received, our wish being to give perfect satisfaction to all.

SMOKING is permitted only in the lounging room.

The hair should be well dried before leaving the bath, to avoid the possibility of taking cold ; also avoid such haste in dressing as may bring on an after perspiration, for the same reason.



Flashlight Photo by P. Lundin.

A PORTION OF THE FIRST HOT ROOM.

THE VALUE OF THE TURKISH BATH ON THE HUMAN SYSTEM.

(Extract from Encyclopedia of Human Nature, by Prof. A. E. Willis, of New York.)

So important in these days of civilization do I deem the Turkish bath as an agent in preserving health, that I have thought it best to write a few pages on its nature and the method of taking it. I find there are very few people who really understand what such a bath is, or the benefits derived from them, and a still less number who have ever taken them. The tendency of the human mind is to be slow in adopting new things and habits, especially if it is something that has real merit in it. Good things generally have to fight their way into popular favor, and the Turkish bath is no exception to the rule. The prejudices of people who have never fairly tried them have produced so much fear in the minds of over-cautious persons as to prevent their acceptance by the masses. The high price of this bath in contrast to the ordinary cold and warm water baths has also prevented its popular use among the poor and even middle classes. One Turkish bath, however, at one dollar, is cheaper than four common baths at twenty-five cents each. I am sincere and in earnest in my statement when I say that I believe the Turkish bath to be one of the best means in the world for preventing disease, and thereby preserving human health and happiness, and lengthening out the years of one's existence, or rather, enabling a person to live his natural life; for a good many people die several years before they ought to.

As to the luxury and importance some persons attach to these baths, the reader can judge for himself, when a man who knows the benefit of them will travel a



Flashlight Photo by P. Lundin.

A PORTION OF THE STEAM ROOM.

hundred miles to visit such an institution; for I met a gentleman in a bathing-house in Boston, who told me he had come that distance for that purpose. And if I were sick or thought I was likely to be, and could not get such a bath where I was, I would rather go a hundred miles to take one or two baths, and return, than pay the amount of such a trip in medicine and medical treatment, unless it was a kind of sickness or accident that really demanded a physician.

Most people do not know how dirty they are until they go and take a Turkish bath; for a man's skin may be washed so clean looking that he would naturally think it impossible to be any cleaner, but let him sweat awhile and he will find out he was far from being clean. After a man comes out of a Turkish bath, his skin looks whiter, fresher and younger, and he feels about ten years younger himself. Let those women who want to be beautiful (and every woman ought to make herself as good looking as possible) and have nice, clear complexions, try Turkish baths, and they will find them much better cosmetics than any of the daubing trash they buy at drug stores. If women want beautiful complexions, let them get the dirt out of their skin pores instead of filling them up with powder and paint. Let them give nature a chance to blossom, as it were.

As to the curative properties of the Turkish bath, I leave that for doctors and proprietors of such institutions to discuss. My aim is chiefly to call the attention of the public to its preventive qualities, because if people live as they ought to, they will not have many diseases to cure. The great study and hobby of doctors is to cure people after they get sick. The great study and hobby of phrenologists is to keep people from getting sick. Think of the army of doctors in this country (one to every five hundred, I believe it has been estimated), while in Germany there is only one to every five thousand. And a great many of them make large sums of money and live in fine houses, just because people are foolish enough to allow themselves to become

sick and pay out their hard-earned money to get well. The credulous patient, astonished at the profound learning of the doctor, and half scared to death for fear he will die, puts his person, confidence and pocketbook in charge of the humbugging doctor, who half the time knows little more definitely about what the real difficulty with the patient is, than some other doctor who has not seen him. Nevertheless he goes to work and experiments upon his patient a month or two, till he resolves to try another physician who, on an examination, pronounces the diagnosis and treatment of the former doctor wrong, in which decision he is most likely right, and probably the only thing as far as the patient is concerned that he is right about. For after treating him his way for a month or two, the patient concludes to try another or third physician, who, profiting by the experience of the other two, or being more skilled in his profession, discovers what the trouble is. And that is just where the physician so often fails; he does not really know what the trouble with the patient is and therefore cannot possibly cure him.

But to return to my subject: I claim that the Turkish bath properly used is an invaluable agent in preserving the health, and therefore preventing disease, and a very good time to take it is just before dinner or supper. Be sure, however, you go to a good place where they give the bath properly and have good attendants, for there are imitations of these baths as well as other things. I saw an improved Turkish bath advertised in one city where I was stopping a short time. I thought I would try it, and found it to be the worst abortion in the way of a Turkish bath I ever saw or heard of.

